

CONTROLLING YOUR FAT TOOTH



What every person needs to know about dietary fat ☑ How to beat your fat cravings ☑ How to put yourself on a fat budget *(continued on back cover)*

BY JOSEPH C. PISCATELLA

with over 200 recipes by Bernie Piscatella

Authors of Don't Eat Your Heart Out Cookbook and Choices for a Healthy Heart.

Foreword by Adam Drewnowski, Ph.D.

Controlling Your Fat Tooth

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